

**Amendments to the Claims**

This listing of claims will replace all prior listings of claims in the application.

**Listing of Claims**

1. Canceled.

2. (Currently Amended) The sliding board as claimed in claim 151, wherein said anchoring element is inserted through at least one preformed opening in said upper shell.

3. (Previously Presented) The sliding board as claimed in claim 2, wherein said at least one preformed opening in the upper shell surrounds said at least one anchoring element without a gap.

4. (Currently Amended) The sliding board as claimed in claim 151, wherein said at least one anchoring element is provided with one of indentations, grooves, cutouts, and openings.

5. (Currently Amended) The sliding board as claimed in claim 151, wherein said at least one anchoring element is one of pin-shaped, bolt-shaped, and elongate and is in one piece with the arranging element comprising a rail-type guide element.

6. (Currently Amended) The sliding board as claimed in claim 151, wherein said at least one anchoring element bears parts which are placed, pushed and/or screwed thereto and which enlarge a surface area thereof for adhesion to the core material.

7. (Currently Amended) The sliding board as claimed in claim 151, further comprising two or more anchoring elements interconnected by one or more plate-shaped connecting elements.

8. (Previously Presented) A method for producing a sliding board, in which a sliding board upper part preformed as a shell and comprising an upper shell is connected to a sliding board lower part comprising a running sole, lower web and steel edges, and a core is formed by filling an interspace with foamed material, comprising the steps of attaching an element comprising at least one guide element for arranging and guiding a binding element by passing at least one anchoring element through at least one opening in the preformed upper shell, joining together the sliding board upper part and lower part, and foaming the core so that the anchoring element is connected to the core when the foam hardens.

9. (Previously Presented) A method for producing a sliding board, in which a sliding board upper part preformed as a shell and comprising an upper shell is connected to a sliding board lower part comprising a running sole, lower web and steel edges, and a core is formed by filling an interspace with foamed material, comprising the steps of attaching an element comprising at least one guide element for arranging and guiding a binding element by passing at least one anchoring element through at least one opening in the preformed upper shell, covering a gap between a shank of the anchoring element and the opening from the underside by a sealing compound when the anchoring element has been positioned, joining together the sliding board upper part and lower part, and foaming the core so that the anchoring element is connected to the core when the foam hardens.

10. (Previously Presented) The method as claimed in claim 9, wherein the sealing compound consists of an elastomeric material.

11. (Previously Presented) The method as claimed in claim 9, wherein the sealing compound is an adhesive.

12. (Previously Presented) The method as claimed in claim 8, further comprising providing said at least one anchoring element in a region resting on the upper shell, with a cutting edge running around the opening, and pressing said edge into the upper shell either during positioning of the anchoring element or during joining of the sliding board upper part and lower part.

13. (Previously Presented) A sliding board which is produced in accordance with claim 8.

14. (Previously Presented) The method as claimed in claim 10, wherein said elastomeric material is a silicone sealing compound.

15. (New) A sliding board, with a running sole, an upper shell, a lower web and a hardened foam core and with at least one rail-type guiding element extending in the longitudinal direction of the sliding board and for arranging at least one binding element on an upper side of the sliding board, said at least one rail-type guiding element being connected to the sliding board body by at least one anchoring element being in one piece with the one rail-type guiding element, wherein said at least one anchoring element is integrated into said core when it is foamed in direct contact with the foam and is retained by the hardened foam.

16. (New) A sliding board, with a running sole, an upper shell, a lower web and a hardened foam core and with at

least one rail-type guiding element extending in the longitudinal direction of the sliding board and for arranging at least one binding element on an upper side of the sliding board, said at least one rail-type guiding element being connected to the sliding board body by anchoring elements inserted into the rail-type guiding element and bearing against the rail-type guiding element, wherein the anchoring elements are integrated into said core when it is foamed, in direct contact with the foam, and are retained by the hardened foam.

17. (New) A method for producing a sliding board having a preformed sliding board upper part and a sliding board lower part having a running sole, lower web and steel edges, and a foam-filled core, comprising the steps of:

attaching a guide element onto an upper surface of the sliding board upper part by passing an anchoring element integrally formed on the guide element through an opening in the preformed upper part, the guide element configured for arranging and guiding a binding element on the sliding board;

joining together the sliding board upper part and lower part; and

foaming the core so that the anchoring element is secured within the core when the foam hardens.